



CROWNED QUEEN IN THE AMERICAN KITCHEN FOR SHORTENING AND COOKING.

1. Being Odorless, no unpleasant smell from the kitchen reaches other rooms. 2. Being Flavorless, the natural taste of the food is retained. 3. Being Vegetable, no possibility of disease is carried with it as with Animal fats. 4. Being Digestible, food cooked with it may be eaten without discomfort. 5. Being Rich, it goes twice as far as lard or butter in shortening. 6. Being Pure and Clean, it does not become rancid. 7. Being Economical, it reduces the monthly bills. 8. Being the Best Frying and Shortening agent obtainable, it is used by Thoughtful, Home-making, Intelligent Women and Men everywhere.

Wesson Salad Oil

Is far better value than the finest olive oil and has precisely the same flavor. It is used where economy is considered and nice distinctions made. Sold by leading grocers. Send us 4c. in stamps, mention this paper and receive our new cook book. Be careful to write your address plainly.

WESSON PROCESS CO., 12 1/2 South Third Street, Philadelphia.

Table and Kitchen.

Practical Suggestions About What to Eat and How to Prepare Food.

Rhubarb is eaten as a fruit, though it belongs to the vegetables. As its food value is very small, it is esteemed more for its diuretic properties and agreeable flavor.

While a native of Europe, it is little known there as a food, its uses being principally medicinal. In this country it is more universally used for the table, though we do not generally recognize its possibilities in the way of supplying a great variety of appetizing dishes, as most of us are familiar only with it in the form of rhubarb pie or sauce.

Its Wholesomeness. While some authorities consider it unfit for food, there are others who advocate its use, and, considering its medicinal virtues, deem it a very worthy plant to add to our list of edible vegetables.

The objection to its use lies in the fact that it contains a large amount of oxalic acid, and this acid is less wholesome than the other fruit acids. There are some conditions of the body in which it is wise to avoid eating rhubarb or its kindred, namely, rheumatism, kidney troubles, and other conditions in which plants as abundant in oxalic compounds; therefore, persons suffering from acidity should eat of these substances very sparingly, and in some aggravated cases not at all.

The red variety is the richest in flavor, and should be used for making wine if you desire a rich quality. Rhubarb will make a delicious wine, which is said to so closely resemble champagne as to deceive the connoisseurs, and is a much safer beverage to indulge in if you wish to avoid unpleasant after-effects. The plant that is forced for the early spring market is more tender, and contains much less oxalic acid.

Prepared with rice, dates or raisins, this kind makes a very suitable dish to serve to the children, and is a good food for them after, perhaps, a too protracted diet of dry foods. It may also be eaten by those who cannot indulge in the plant when it has its acid qualities more fully developed.

In Combination. Rhubarb may be used as a basis for many dainty preparations, and its susceptibility to other flavors will enable you to create pleasing varieties. Orange or lemon peel, chopped almonds, raisins, bananas, strawberries and lemon juice may be used to give agreeable changes.

But when using lemon and other acid fruit juices, remember that the acid may make these combinations hurtful to those who should not indulge in too acid foods. In order to make rhubarb palatable to some eaters an excessive amount of sugar must be used. This gives the sweet acid flavor they enjoy. Only the after results can determine whether this is harmful for the individual eater or not. If nature dictates, and not a perverted and indulged taste, it is safe to use rhubarb as far as to our bodily needs and cravings for certain kinds of food.

Baked Rhubarb. This requires less sugar than stewing. Peel the stalks, selecting red rhubarb. Cut into inch lengths and place in a stone crock. Add one part sugar to two parts of the fruit, unless you like it very sweet, then add nearly half and half; arrange the fruit and sugar in layers; use no water. Stand the crock in a pan of hot water, cover and set in the oven and bake until the pieces are clear. This may be used for a meringue by filling a shell of good light pastry, covering the top of the fruit with a meringue and coloring a delicate brown in the oven.

Rhubarb Compote. Cut red rhubarb into pieces three inches long. Cover with cold water and set over a moderate fire where it will very slowly come to the boiling point, but do not allow it to boil. Drain the water off carefully, take the rhubarb up on a fork, keeping the pieces whole. Measure the water and to each pint add a pound of granulated sugar. Boil until it becomes a syrup, then pour over the rhubarb. This is nice served with plain boiled rice for a simple dessert.

Rhubarb Fritters. Select the smaller stalks of tender, fresh rhubarb. Cut into pieces two inches long; cover with cold water and steam until tender; drain and spread on a platter. Make a syrup of sugar and water, flavor with a little brandy. Pour this over the rhubarb and let stand until perfectly cold. Drain off syrup, dust the rhubarb thickly with granulated sugar. Make a fritter batter in usual way, dip the pieces of rhubarb in the batter and fry in deep hot fat.

Rhubarb Souffle. Pare and cut the rhubarb into small pieces, add enough water to keep from burning, and a pound of sugar to each quart of rhubarb. Stew until tender, then press through a sieve. Measure your rhubarb, and to each pint take three eggs; separate and beat the yolks very, very light, and add to the rhubarb. Mix well, then whip the whites to a stiff froth and stir into the mixture. Throw into a well-buttered dish and bake in a quick oven about half an hour. When it cracks open on top it is done.

Rhubarb Cobbler. Fill a deep, buttered, earthenware pie dish with rhubarb cut into pieces an inch long. Make a batter of eggs, flour, milk and salt, allowing a large tablespoonful of flour to each egg and milk enough to make a batter thick as for fritter batter. Pour this over the rhubarb and bake until the pudding is light and nicely browned.

Rhubarb Tapioca. Prepare the rhubarb as for stewing; place in a deep baking dish and add sugar enough to sweeten well, in little shelled orange peel, salt and dot with bits of butter. Add one quart of water to half a cupful of the tapioca. Add a pinch of salt and cook in a double boiler for fifteen minutes. Then pour over the rhubarb, cover the dish and bake half an hour. Serve with sweetened whipped cream.

Rhubarb Cream Pie. One cupful of rhubarb chopped fine or grated, one cupful of sugar, a pinch of salt, a grating of nutmeg or lemon peel. Moisten a tablespoonful of cornstarch with a tablespoonful of cold water; then fill the cup up with boiling water, stirring until clear. Beat the yolks of three eggs until light, and add them, with the cornstarch, to the other materials. Line a pie plate with good light paste, fill with the mixture and bake in a moderately hot oven until custard is set. When done and cooled, cover with a meringue made with the whites of the eggs and half a cupful of confectioner's sugar. Brown delicately in the oven.

Rhubarb Sherbet. Wash the stalks and cut into pieces one inch long. To a dozen stalks add three pinches of cold water. Cook in a double boiler until tender. Flavored with grated lemon or orange peel or brandy, and sweetened to taste. Let stand in a cool place for several hours, then strain and chill. Serve with shaved ice.

Bottled Rhubarb. Wash and peel the rhubarb and cut into small pieces, as for pies. Fill glass jars, packing closely, and cover with the sugar drawn water. Put on the covers and let stand overnight. By next morning you will find the water has settled in the jars. Fill them up with fresh water and seal the jars closely and put away for winter use. This will require less sugar than fresh rhubarb, and is nice for pies or sauce.

Stuffed Figs. These are quite popular and can be

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Menus for Every Day.

WEDNESDAY.

BREAKFAST.

Cereal. Cream. Broiled lamb chops. Potato chips. Toast. Potato crests.

LUNCH.

Broiled sardines on toast. Potato and pepper salad. Canned fruit. Cake.

DINNER.

Cereal. Cream. Cream of corn soup. Stuffed breast of veal. Brown sauce. Baked mushrooms. Browned potatoes. Cold slaw. Strawberry Bavarian cream.

Table and Kitchen.

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Rhubarb Tapioca. Prepare the rhubarb as for stewing; place in a deep baking dish and add sugar enough to sweeten well, in little shelled orange peel, salt and dot with bits of butter. Add one quart of water to half a cupful of the tapioca. Add a pinch of salt and cook in a double boiler for fifteen minutes. Then pour over the rhubarb, cover the dish and bake half an hour. Serve with sweetened whipped cream.

Rhubarb Cream Pie. One cupful of rhubarb chopped fine or grated, one cupful of sugar, a pinch of salt, a grating of nutmeg or lemon peel. Moisten a tablespoonful of cornstarch with a tablespoonful of cold water; then fill the cup up with boiling water, stirring until clear. Beat the yolks of three eggs until light, and add them, with the cornstarch, to the other materials. Line a pie plate with good light paste, fill with the mixture and bake in a moderately hot oven until custard is set. When done and cooled, cover with a meringue made with the whites of the eggs and half a cupful of confectioner's sugar. Brown delicately in the oven.

Rhubarb Sherbet. Wash the stalks and cut into pieces one inch long. To a dozen stalks add three pinches of cold water. Cook in a double boiler until tender. Flavored with grated lemon or orange peel or brandy, and sweetened to taste. Let stand in a cool place for several hours, then strain and chill. Serve with shaved ice.

Bottled Rhubarb. Wash and peel the rhubarb and cut into small pieces, as for pies. Fill glass jars, packing closely, and cover with the sugar drawn water. Put on the covers and let stand overnight. By next morning you